Most of this route is on road and whilst every care has been taken to choose a route that is away from busy roads and traffic you are likely to encounter vehicles along this ride, please make sure that you ride to the conditions of the traffic and other road users.

Heading north, back into the main resort of Cleethorpes you'll soon be passing Pleasure Island Theme Park, Cleethorpes Boating Lake and a little further on, Cleethorpes Pier before heading back inland through the town to the Cycle Hub.

On meeting the Meridian Walk path you will be passing through a car park area, please take extra care in this area and look out for leas confident members of your party. As you cycle along this path you'll get excellent views over the Humber. Please note that the path along Meridian Walk is shared with pedestrians, please try and keep to the correct side of the path and be courteous to other users.

As well as taking you to the beach and back, this route takes you on a tour of several local parks and open spaces. On your way to the beach you pass Ainslie Street recreation ground, People's Park, Country Park, a local nature reserve created in 1988 and covering an area of 64ha with open grazing land, woods and a large lake with abundant wildlife and waterfowl.

Starting and finishing at the Cycle Hub in Grimsby Town centre and taking a ride through the town to Cleethorpes seafront this ride is a great one for an afternoon out on your bike. Remember that even if you don't have a bike (or have visitors who don't have theirs with them) you can hire one from the Cycle Hub for the day.

Cycle Hub's Beach Cruise



Sky Ride Local rides are guided by friendly British Cycling Ride Leaders along scenic planned routes. With different levels, there's something for everyone - whether you're building your confidence or already comfortable on a bike and looking for a challenge. Rides are all free and are grouped in levels to a challenge. Rides are all free and are grouped in levels to a challenge. Rides are all free and are grouped in levels. To find a Skyride near you visit www.goskyride.com.



## breezeridesnortheastlincs@gmail.com.

Breeze is the biggest programme ever to get more women into riding bikes for fun. The aim is to help thousands more women feel confident and comfortable about going on a ride. Our local Breeze Champions organise fun, social, local bike rides for women. Rides go at a speed that suits everyone, and they usually include a stop at a cafe, so everyone can have a drink and a chat. For more information about local rides please visit www.breezebikerides.com, join in the chat on Facebook (Breeze Network - Coast and Wolds East Lincs) or contact our local Breeze Champions at

There are loads of benefits associated with using your bike instead of the car. People who cycle regularly are fitter and have a reduced risk from conditions such as heart disease, stroke, diabetes and obesity. Your mental health and sense of wellbeing can also be greatly improved by going for a ride. Cycling its cheap, can save you time and is good for the a ride. Cycling its cheap, can save you time and is good for the environment. With the "Cycle to Work" scheme there's even help with buying a new bike and accessories, check with your HR or Personnel team at work to see if they are signed up.

Mhy Cycle?



- It's well worth giving your bike a quick once-over before setting off, check your gears and brakes are in good condition, your tyres are pumped up properly and if you're going out at night that your lights work.
- Check the weather before setting off and dress accordingly.
- Check that the route is suitable for you and your party.
- If possible let someone know where you are going and make sure that you carry a fully charged mobile phone.
- Carrying a small cycle toolkit and puncture repair kit can save a long walk home if something goes wrong.
- If you're going on a longer ride then carrying a drink and an energy snack is advisable



Grimsby Cycle Hub Station Approach Grimsby | DN31 1LY

reen Transport





For more information please contact:

2 Origin Way | Europarc | Grimsby | North East Lincolnshire | DN37 9TZ T 01472 313131 | E pedalandstride@nelincs.gov.uk | www.nelincs.gov.uk



Terrain: Mostly flat



